

# BETTER CHOICES BETTER HEALTH



## FREE HEALTHY LIFESTYLE WORKSHOP SERIES



### FEEL BETTER!

Increase your energy and get relief from pain, fatigue, and difficult emotions.

### TAKE CONTROL OF YOUR LIFE!

Do the things you want to do each day.

### GET CONNECTED!

Learn from others who have similar health issues.

The **Better Choices Better Health Workshop** is a **FREE 6-session** health education program for people with any type of ongoing health problems. Learn how to manage your health and maintain an active and fulfilling lifestyle.

## STEP BY STEP, BETTER CHOICES BETTER HEALTH HELPS YOU:

- Create an exercise plan you can manage.
- Feel less tired.
- Deal with anger, depression and other emotions.
- Manage pain and stress.
- Communicate better with health professionals.
- Use medicines safely and properly.
- Eat healthy.
- Understand your treatments better and make decisions.
- Plan for future health care.

## YMCA AT GLEN COVE

**Informational:** Wednesday, January 31st at 6:00pm

**Workshop:** Wednesdays, February 7th – March 14th

**Time:** 6:00pm–8:30pm

**Location:** 125 Dosoris Lane, Glen Cove, NY

**Facilitators:** Kate and Victoria

**REGISTRATION REQUIRED FOR BOTH THE  
INFORMATIONAL SESSION AND THE WORKSHOP**

**JEAN ANNE VALANCE, 516.671.8270 EXT.21**